

Week 4



NEW - May Calendar

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WEEKLY CHALLENGE

Challenge: Take a Breath

Focus on your breath. Deep breathing is one of the fastest ways we can help ourselves feel calm—whether that’s by helping us catch our breath after running around with friends, or if we are having trouble focusing on classwork. This week we challenge you to try a different breathing activity each day of the week to help you feel calm. Start with a simple count of breathing in for five seconds and out for five seconds. Continue for three minutes. How do you feel?

BURST 1: COIN FLIP ALL SKILLS

Materials: Coin or two-sided object.

Directions:

- Choose a leader to flip a coin for the class. Each coin flip corresponds to 30 seconds of the activity. Repeat as desired. Call out the activity choices prior to the coin flip.
- Flip one: heads = squats, tails = lunges.
- Flip two: heads = crunches/sit-ups, tails = plank.
- Flip three: heads = high knees, tails = mountain climbers.
- Flip four: heads = jog on the spot, tails = jumping jacks.
- Flip five: heads = push-ups, tails = burpees.
- Change activity choice as desired.



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BURST 2: IF YOU'RE ACTIVE AND YOU KNOW IT

Materials: None

Directions:

- Have each kid find an empty place on a wall.
- Kids will complete a wall sit while singing to the tune of "if you're happy and you know it."
- Kids will sing "if you're active and you know it, clap your hands" and they will actually clap twice following that phrase.
- They will continue singing "If you're happy and you know it and you really want to show it, if you're happy and you know it, clap your hands" and they will clap twice following that line as well.
- Repeat the song but replace the words "clap your hands" with another movement such as "stomp your feet or snap your fingers, do a jump, etc."

BURST 3: CIRCLE CARD PASS

Materials: Deck of playing cards.

Directions:

- Kids stand in a circle holding one playing card/person.
- On trainer's cue, kids pass the playing card to their left (kids should only ever have one card in their hand at a time).
- When the trainer calls out "freeze" the kids look at the card in their hand and perform the number of repetitions indicated on the card and perform a functional fitness skill indicated by the trainer.
- Resume activity once all kids have completed their fitness skill.

Variations/Challenges:

- Have trainers call out "left", "right", "clockwise", or "counterclockwise" throughout the game to keep kids alert.
- Assign a fitness skill to each suit (e.g., hearts = crunches/sit-ups, spades = push-ups, clubs = squats, diamonds = lunges).
- Add jokers to the deck, and they equal five burpees.
- Have kids perform the burst by starting in a pose (tree pose) or by holding a squat position.

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BURST 4: BUDDY CHAIR LADDER BURST

Materials: Chair

Directions:

- Partners perform a skill then switch places. Each time the pair completes a skill they switch roles and they increase the number of repetitions by one.
- Partner A sits on chair, straightens out both legs and performs a leg lift (until legs are parallel to the ground) then switches places with partner B and they perform the skill. (the next time, each will perform two leg lifts then three then four...).
- Vary the skills:
 - Hold back of chair and perform a squat.
 - Squat jumps.
 - Jumping jacks.
 - Donkey kicks.

BURST 5: HAND BREATHING

Directions:

- Find a space to sit down comfortably.
- Decide which hand you would like to use as your breathing guide.
- Spread fingers and practice tracing your hand.
- Take a deep inhale through your nose and trace up your finger.
- When you exhale, trace down the other side of your finger.
- Continue breathing in and out as you trace your whole hand.
- Notice how you feel and trace your hand a few more times.